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Serial No.: 08/526,433  
Art Unit: 1314

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1. (Amended) A method of retarding a combustible object from burning comprising the steps of:

- b<sup>1</sup>
- (a) providing an aqueous firefighting composition comprising a mixture of water and a superabsorbent polymer that absorbs at least 20 times its weight in water;
  - (b) applying the firefighting composition to an exposed surface of the combustible object.

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14. (Amended) A method of protecting a person or object from increased temperature comprising applying a heat-resistance article of manufacture on an exposed surface of the person or object, said article of manufacture comprising a flexible fabric layer containing a superabsorbent polymer that absorbs at least 20 times its weight in water, said superabsorbent polymer comprising about 5% to 100% by weight of said dry article of manufacture, said superabsorbent polymer being at least partially hydrated with water.